

WHAT'S NEW IN THE WOODS



Charleswood 55+ Active Living Centre
Branching Out to The 55 Plus Community

January/ 2022

A Message from the Centre

Well, we made it! An entire session of classes without closing down. That's quite an accomplishment in these ongoing trying times. Thank you to everyone for following the ever-changing rules and guidelines. We feel so lucky to have been able to hold most of our fitness classes and to be able to start up many of our other activities. As you will see in the newsletter we are adding a few more events and activities into the mix. We are not yet able to reintroduce some of the lapsed programming that people asked for in the Member Survey, but we did our best. If you do have questions about why some activities have not yet resumed please give us a call to follow-up.

Scheduling for some events and activities remains difficult as we wait for confirmation and direction from external vendors. That's why you will see a save the date section with information on contacting the office in the new year for more details. We wanted to get the newsletter out in a timely manner even it meant we were a little light on details for some activities.

We wish you the very best over the holiday season and look forward to seeing you in January. Have a safe, happy and healthy New Year.

Jakee, Jan & Debbie

Fitness Instructor Updates

We are excited to welcome back Kirstin Stokes Smith from her teaching hiatus. Kirstin will be teaching Restorative Yoga and Hatha Yoga in the New Year.

Both Cathy Jaman and Doreen Wuckert will be taking a break from instructing classes and we hope to see them back in the spring.

We would also like to welcome Alan Cherniak. Alan will be teaching a Monday Sit & Fit Class. Alan has subbed Sit & Fit classes at the Centre so he is no stranger to our ways!

Charleswood 55 Plus Active Living Centre
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Email: info@charleswoodsniiorcentre.org
Website: charleswoodsniiorcentre.org

Registration Process

- We continue to use the online and by phone registration process. **There is no in person registration** during the January 10th registration week.
- In order to be able to accommodate the volume through both online and phone-in registration, the Centre has a staggered registration process.

Registration will open in the following manner:

Monday, January 10th at 9:30 a.m. — registration begins for all Monday classes and activities and remains open until class/activity has filled.

Tuesday, January 11th at 9:30 a.m. — registration begins for all Tuesday classes and activities and continues for Monday classes and activities.

Wednesday, January 12th at 9:30 a.m. — registration begins for all Wednesday classes and activities and continues for Monday and Tuesday classes and activities.

Thursday, January 13th at 9:30 a.m. — registration begins for all Thursday classes and activities and continues for Monday, Tuesday and Wednesday classes and activities.

Friday, January 14th at 9:30 am — registration begins for all Friday classes and activities and continues for Monday, Tuesday, Wednesday and Thursday classes and activities and remains open until classes and activities are full.

- If you have any question about the registration process, or are unclear how to register, please give us a call at 204-897-5263.

Is Your Membership Up To Date?

Your membership must be current to register.

If your membership has expired, or will be expiring before registration, please renew your membership.

You can check online or call the office at 204-897-5263.

Membership is \$30 per year.

- **Due to the COVID guidelines, lower capacity limits in classes remains in effect and this means that some classes fill up quickly so plan to register as soon as possible for the classes you want.**
- **In order to register online you are required to sign in with you user name and password. If you do not have login information or cannot remember it, please contact the office.**
- **We recommend that you try to login ahead of registration in case you run into some unexpected problems.**

Fitness Classes

ALL FITNESS CLASSES START THE WEEK OF JANUARY 17, 2022

Badminton

Non competitive! Come and have some fun in the gym! You can bring your own racquet or use one of the 6 we have!

Fridays 9:15 am (January 21—June 24)
Cost: \$10.00

Barre Fitness with Deb

Blends classic ballet, yoga & pilates strengthening exercises with fitness powered by energizing, heart pumping music that makes you want to move. With the support of a ballet barre it will take you through a flow of choreographed high-powered sequences.

Mondays 1:00 pm and 2:15 pm (10 wks)
Cost: \$72.50

Tuesdays 2:30 pm (11 wks)
Cost: \$79.75

Thursdays 10:30 am (11 wks)
Cost: \$79.75

Functional Fitness with Andrew

Moves focus on balance, core strength, endurance and multi-joint flexibility. Class begins with a quick 2 min. about your body's muscles. Followed by 20 mins of cardio, 20 mins of functional strength training, 10 mins. of balance training and 10 mins. of stretching. Great for all levels.

Thursdays 2:30 pm (11 wks)
Cost: \$79.75

Gentle Yoga with Jill

This invigorating yoga based class rejuvenates your brain, challenges your balance, tones and strengthens all your muscles and bones. The standing moves are taught in varying levels behind a chair so you can be safely guided from pose to pose. Each individual pose is held for an intermediate level of time. The mat based moves encompass the last 25-30 percent of the class

Tuesdays 9:30 am (11 wks)
Cost: \$79.75

Wednesdays 12:15 pm (11 wks)
Cost \$79.75

Hatha Yoga with Kirstin

Strengthen, stretch, tone and relax. Whether trying to get in shape, cope with tension or relieve tightness in your body, Hatha Yoga is the classical form of yoga postures and breathing techniques. It increases muscle tone and improves flexibility and concentration and allows you to experience a state of deeper relaxation. Open to all levels of fitness. Not for those requiring chair use,

Wednesdays 2:45 pm (11 wks)
Cost: \$79.75

IAM Fitness with Raul

Improve & Maintain your fitness. 5 min warm up & 20 min cardio followed by 25 min of strength work out with a stretch & balance drill to end the class.

Fridays 12:15 pm (11 wks)
Cost: \$79.75

Myrna DRIEDGER
MLA for Roblin



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Fitness Classes Continued

Pilates with Jill

Molded to suit ages 50 and up. Exercises are taught on the mat and focus on lengthening and strengthening all your muscles with the main focus on increasing lung capacity, core strength and flexibility to encourage healthier, injury free bodies. *Bender Balls will be used. Please Note: Check with your doctor if you have osteoporosis.* This is a continual on-going program, with additional new exercises each term.

Tuesdays, 1:15 pm (11 wks)
Cost: \$79.75

Restorative Yoga with Kirstin

This Yoga is a series of non-weight bearing poses designed to make you feel great during and after class. The sequence is slow -- each pose is held between one and two minutes.

Thursdays 12:00 pm (11 wks)
Cost: \$79.75

Sit & Fit with Alan

Does balance concern you? Balance isn't something the body automatically has. Your brain has to teach your body balance. Alan dedicates a portion of every class having the participants standing behind and holding on to the back of the chair while slowly doing simple balance exercises. Combining the seated portion of the class with the standing portion improves your posture by realigning the vertebrae of your spine, eventually allowing you to stand taller and straighter.

Mondays 11:00 am (10 wks)
Cost: \$72.50

Tai Chi with Jill

This class will help you unwind, improve balance and gently stimulate your body and soul. This unique program, created by Jill, is based on different forms of Tai Chi and Quigong movement patterns and is appropriate & beneficial for all levels.

Wednesdays 1:30 pm (11 wks)
Cost: \$79.75

Sit & Fit Pilates with Jill

This chair class is a good solid core workout. STOTT PILATES breathing and core strengthening principles are the foundation for this solid program. All your muscles will become stronger and longer! Bender Balls, Golf Balls, & Therabands are used. This class is appropriate and challenging for individuals regardless of their fitness level.

Tuesdays 10 :45 am (11 wks)
Cost: \$79.75

Wednesdays 11:00 am (11 wks)
Cost: \$79.75

Total Body Conditioning with Andrew

An excellent class for those looking to get fit. Muscular exercises & aerobic movement.

Thursdays 1:15 pm (11 wks)
Cost: \$79.75

Total Body Fitness with Eleanor

Class starts with a warm up, pre-cardio and cardio exercises, followed by muscle conditioning & balance exercises & ends with a cool down & relaxation. Good for beginners & the moderately fit.

Mondays 9:15 am (10 wks)
Cost: \$72.50

Tuesdays 12 :00 pm (11 wks)
Cost: \$79.75

Wednesdays, 9:30 am (11 wks)
Cost: \$79.75

Weight Training with Raul

Strength and Stretch with Balance. Using your own body weight and bands, join Raul in a series of strengthening exercises and balance drills with a relaxing stretch to end the class.

Fridays 11:00 am (11 wks)
Cost: \$79.75

Zumba with Rhiz

A great opportunity to exercise and have fun. Dance to great music, with great people and burn a ton of calories without even realizing it.

Thursdays 9:00 am (11 wks)
Cost: \$79.75

Presentations

Personal Safety for Seniors

Constable Garnie McIntyre is an 18 year member with the Winnipeg Police Service. Please join him for tips, tools and techniques to keep your family and your home safe. Most us know how and what to do to keep safe, but this is a wonderful refresher. Constable Garnie is looking forward seeing and chatting with you!

Tuesday, January 18, 2022 at 1:00 p.m. There is no cost to attend this workshop. Registration starts January 11, 2022 online or by phone at (204) 897-5263.

Advanced Care Planning

Join Lori Blande from Dying with Dignity will discuss an Advance Care Planning Kit. The session is intended to provoke thinking, conversation, and planning, and to encourage communication between you, your loved ones, and your health care providers. The kit you will receive in this class provides important background information on Advance Directives and appointing a Substitute Decision-Maker (SDM). When you have finished working through this kit, you can find the province-specific forms for creating an Advance Directive and appointing a Substitute Decision-Maker.

Wednesday, February 16, 2022 at 1:00 p.m. There is no cost to attend this workshop. Registration starts January 12, 2022 online or by phone at (204) 897-5263.

Special Interest Clubs

Registration for the Special Interest Clubs opened in September. These clubs run from September to June. Register anytime providing there is space. If club is full, call the office to get on the waiting list. New spots sometimes open up as members leave the group or capacity is expanded.

Book Clubs

Maximum number of participants is 14 in each group. ZOOM class will be sent a link. Mystery Book Club meets upstairs at the Centre. **Cost is \$10 for the year.**

ZOOM Book Club : Meets the 2nd Monday of the Month at 1:00 p.m. Group Leader Colleen. January 10, 2022. book for discussion is The Forgotten Home Child by Genevieve Graham. **Only three spots available!**

Mystery Book Club: Meets the 3rd Monday of the month at 1:00 pm. Group Leader Maxine. First meeting is January 17, 2022 at the Centre. Book for January discussion is Lost Immunity by Daniel Kalla. **This class is currently full.**

Jam Sessions

Love to sing? Join the Jammers. A fun music group and a great way to meet new people. This group meets **Wednesdays at 10:00 am. There are no Jam Sessions on the third Wednesdays of the month.** Must be registered to attend. No fee. **Bring your own instrument.**



Ladies in Stitches

Knitting shawls for Cancer Care and other charities. Patterns provided. Group meets the last Thursday of the month at 10:30 a.m. in the upstairs room. Wool is always appreciated. \$2 contribution.

Classes

Creative Writing

Have you ever considered making a collection of your favorite memories? Would you like to create a poem? Or a song? Or share an idea about something important to you? Or write a letter to the editor? Do you like telling stories? Join Sharon Hamilton in this class and you will learn that writing is a key that opens doors to every aspect of living. Whatever your level of comfort with writing – from beginning to experienced – this eight-week workshop will provide an opportunity to create a piece of writing that you can treasure.

Starts Thursday, January 20, 2022 at 10:00 a.m. (8 weeks). Cost is \$40.00. Registration starts January 13, 2022 online or by phone at 204-897-5263. A portion of the costs will be covered by the Government of Canada's New Horizons Grant.

No class on January 27th or February 24th.

English Country Dance

Learn about the traditional dances of England, enjoyed by the villagers and the court dances enjoyed by the aristocracy from the 17th to the 19th centuries. Moving to the hand clapping, toe tapping music, learning new formations and enjoying the sociability of the dance will brighten your day and exercise both mind and body. Instructor Elizabeth Goossen. A moderate level of fitness is required for this class. The dances have been modified to meet covid distancing guidelines.

Starts Friday, February 18, 2022 at 1:30 p.m. (6 weeks). Cost is \$25.00. Registration starts January 14 2022 online or by phone at 204-897-5263. A portion of the costs will be covered by the Government of Canada's New Horizons Grant.

American Sign Language (ASL)

Janet Didsbury has taught ASL in school as well as privately. She is passionate about having the opportunity to teach ASL, which she finds fascinating. This class will include learning the alphabet slowly, and includes practice sheets to take home. Along the way, Janet will also show you some simple gestures that may come in handy someday. All you need is to bring your smiles and your thinking caps! This is a great way to challenge your brain.

Monday, January 17th, 2022 at 10:00 a.m. (6 weeks) No class on Monday, February 21—Louis Riel Day. Registration starts January 10, 2022 online or by phone at 204-897-5263. **Cost to attend is \$25.00.** A portion of the costs will be covered by the Government of Canada's New Horizons Grant.

Watercolor Painting

Are you interested in learning how to paint with instruction from local artist Virginia Stephenson? This course will cover the basics of watercolor painting and is suitable for novice and returning participants. You will be required to purchase some basic supplies. The supply list will be sent to you following your registration.

Tuesday, January 18, 2022 at 10:00 a.m. (4 weeks) Cost to attend is \$25.00 (will be required to purchase some supplies). Registration starts January 11, 2022 online or by phone at 204-897-5263.

Save the Date

The following events are in the works. Call the office in the New Year for more details:

Sandhills Casino—February 8th - Casino Bus Trip from the Centre

Puzzle Challenge —February 23rd—A race to the finish. First team to complete their puzzle wins.

Quiz Night—March 16th —Food, fun & prizes

Party With a Purpose —April 27th—Annual Fundraising Dinner at Breezy Bend Country

Cards & Games

Registration for cards & games opened in September, and runs from September to June. Register anytime providing there is space. If an activity is full, call the office to get on the waiting list. New spots sometimes open up as members leave or capacity is expanded.

BRIDGE—Not suitable for beginners. There is no instructor for this program. This is not duplicate bridge and you will be playing with many different partners throughout the afternoon. Suitable for those who are playing or have played bridge in the past. Mondays at 1:15 pm. \$15 per year

CANASTA - Wednesdays at 1:15 pm in the MPR. \$15 per year.

CRIBBAGE - Tuesdays at 1:00 pm in the MPR. \$15 per year.

RUMMOLI -Thursdays at 1:00 pm in the MPR. \$15 per year.

MAH-JONG - For new and not so new players. Thursdays at 1:00 pm in the MPR. \$15 per year. (Class is currently full).

BOCCE BALL - Enjoy some friendly competition. Fridays at 10 am in the MPR. \$15 per year

Keeping you safe during COVID 19

- To avoid unnecessary close contact, the main Roblin Blvd. door to the Centre is the entry door. Please exit through the Harstone Road door if you are in the Gym and the Upstairs Roblin Blvd. door if you are upstairs.
- We have increased and enhanced our sanitation and cleaning processes.

VACCINATIONS

- Anyone entering the Centre, or attending any classes and activities, must present proof of vaccination.

MASKING

- Public Health Orders require masking in all areas of the Centre with the exception of those participating in Fitness classes once they are at their exercise spot.

Charleswood 55 Plus Active Living Centre

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Cancellations & Refunds

In the event that the Centre cancels a class, program or activity we will refund you or credit your account (whichever you prefer) for the full amount of the cancelled activity.

Refunds or account credits will be provided if you withdraw from an activity 48 hours before it begins. When an activity encompasses a group of dates, this applies to withdrawal prior to the first scheduled class and is not applicable once the classes have begun.

We recognize that on occasion special circumstances arise. Please call us at 204-897-5263 if you have a concern with a class withdrawal.



Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Fitness Schedule				
9:15 Total Body Fitness (Eleanor)	9:30 Gentle Yoga (Jill)	9:30 Total Body Fitness (Eleanor)	9:00 Zumba (Rhiz)	9:15 Badminton
11:00 Sit & Fit (Alan)	10:45 Sit & Fit Pilates (Jill)	11:00 Sit & Fit Pilates (Jill)	10:30 Barre (Deb)	11:00 Weight Training (Raul)
	12:00 Total Body Fitness (Eleanor)	12:15 Gentle Yoga (Jill)	12:00 Restorative Yoga (Kirstin)	12:15 IAM (Raul)
1:00 Barre (Deb)	1:15 Pilates (Jill)	1:30 Tai Chi (Jill)	1:15 Total Body Conditioning (Andrew)	1:30 English Country Dance (starts Feb 18)
2:15 Barre (Deb)	2:30 Barre (Deb)	2:45 Hatha Yoga (Kirstin)	2:30 Functional Fitness (Andrew)	